Success Stories

J.E. Cosgriff Memorial School

J.E. Cosgriff Memorial School is in their second year in the Gold Medal Schools program and is working to achieve both the Silver and Gold levels this year.

With February being American Heart Month, J.E. Cosgriff participated in the American Heart Association's Jump Rope for Heart. To kick-off the event
J. E. Cosgriff had an assembly and invited the Canyon Rim Academy jump rope team to perform their jump rope routines and tricks. Following the performance the students were give information about Jump Rope for Heart. A representative from the American Heart Association was in attendance and spoke to the students about heart disease and the importance of the money that the school would raise through participating in Jump Rope for Heart. The school's goal was to raise $1,500 ($5 per student) to support the American Heart Association.

Each student was given a jump rope and given the opportunity to jump rope everyday throughout the week during their lunch recesses and PE classes. The PE teacher and Gold Medal Schools Coordinator, Mr. Allen, incorporated jump rope activities in all of the PE classes throughout the week. Also, a few parent volunteers were on duty during lunch recess to write down the number of jumps the students reported. The students achieved a certain level based on the total number of jumps they did for the week.

	Grades K-5	Grades 6-8
Bronze	500 jumps	1000 jumps
Silver	1500 jumps	2500 jumps
Gold	3000 jumps	5000 jumps

The excitement of the students was evident as they jump roped to earn money for the American Heart Association. The parent volunteers said that it was great to see the improvements the students made in their coordination and endurance each day as they jump roped more and more. Most of the students reached the Gold level. Even though they thought it seemed difficult at the beginning of the week, once they got jumping they really enjoyed it and did not want to stop.